














JUNE 2008



Tomball Community Center
Website: www.ci.tomball.tx.us
221 Market St
Tomball, TX 77375
281-255-6221

JUNE 2008 SPECIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <p>Origami 9:30</p>  <p>ITZ for kids 10:30am</p>	<p>4</p> <p>Romeo's Meeting@9:45</p>	<p>5</p>  <p>Computer 12:15</p> <p>50+ luncheon</p>   <p>HKB practice 9am</p>	<p>6</p>
<p>9</p>	<p>10</p> <p>Social 11:30</p>	<p>11</p> <p>HKB-Lawrence Health 2pm</p>	<p>12</p> <p>Romeo's Trip</p> 	<p>13</p>
<p>16</p> <p>Father's Day Brunch 8:15am</p> 	<p>17</p> <p>Origami 9:30</p>  <p>HKB-T Nursing 2pm</p>	<p>18</p> <p>Juliet's Meeting@9:30</p> <p>HKB-Heritage 2pm</p>	<p>19</p> <p>Luby's 10:45</p> <p>Computer 12:15</p> 	<p>20</p> <p>Corn dog social 11:30am</p>
<p>23</p> <p>Bingo 10am</p>  	<p>24</p> <p>Kids origami 1-2:30pm</p> <p>HKB-Park Manor 2pm</p>	<p>25</p>  <p>Pct 4 depart 9am</p> <p>HKB- Harvest Homes 2pm</p>	<p>26</p> <p>Casino 7a.m.</p>	<p>27</p> 
<p>30</p> <p>Take a Break 9:30am</p>  <p>Juliet's Trip</p>				

ONGOING PROGRAMS

MONDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:00 a.m. Exercise
- 9:30 a.m. Games
- 9:30 a.m. Sr. Board Meeting(1st Mon.)
- 9:30 a.m. Take A Break(5th Mon.)
- 9:45 a.m. Advance Exercise
- 10:00 a.m. Senior Meeting(1st Mon.)
- 12:30 p.m. Bridge
- 5:00 p.m. Sister City(3rd Mon.)
- 6:00 p.m. North Star(3rd Mon.)
- 6:15 p.m. Troop 10673(1st & 3rd Mon.)
- 6:30 p.m. Troop Council(last Mon.)

TUESDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:00 a.m. Quilting
- 9:30 a.m. Origami
- 10:00 a.m. Delphians(1st&3rdTue.)
- 10:30 a.m. La Leche(2nd Tue.)
- 12:00 p.m. Games
- 1:00 p.m. Line dancing
- 2:00 p.m. Hometown KB(2nd Tue.)
- 6:00 p.m. Troop #10122(2nd & 4th Tue.)
- 6:30 p.m. TARC(1st Tue.)Anxiety
- 7:00 p.m. NAMI(1st Tue)Support
- 7:00 p.m. NAMI(2nd Tue)
- 7:00 p.m. Riding Club(3rd Tue.)

WEDNESDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:00 a.m. Exercise
- 9:30 a.m. Games
- 9:45 a.m. Advance Exercise
- 11:00 a.m. Rotary
- 1:00 p.m. Beginners Bridge
- 2:00 p.m. Hometown KB(2nd & last Wed)
- 6:30 p.m. Coin Club (2nd Wed.)

THURSDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:30 a.m. Origami
- 9:00 a.m. Euchre
- 11:30 a.m. Focusing Families
- 12:15 p.m. Computer Classes(1st&3rd)
- 1:00 p.m. Games
- 6:00 p.m. Troop #10382(2nd&4th Thur.)
- 6:30 p.m. Promenaders

FRIDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure Chcek
- 9:00 a.m. Exercise
- 9:30 a.m. Take A Break(5th Fri.)
- 9:30 a.m. Games
- 9:30 a.m. Quilting
- 9:30 a.m. Porcelain Art(1st Fri.)
- 9:45 a.m. Advance Exercise Rm B
- 12:30 p.m. 50+ Singles

SATURDAYS – NON PROFIT ONLY

UNTIL NOON

- 8:00 a.m. NW Amateur Radio(4thSat.)
- 8:30 a.m. Needle Arts (2nd Sat.)
- 10:00 a.m. Dtrs. Of Confederacy (1stSat.)

MONDAY'S EVENTS

- 16th** - The Center will be having a Father's Day brunch at 8:15am. Ladies are welcome to come with their husband's. We will be serving egg casserole, assorted muffins, fruit, juice and coffee for \$3.00. Please sign up in the office before June 11th .
- 23rd**- The Center's bus will depart at 10 am to play bingo in Conroe. You must be 8+ years to go. Please reserve your seat on the bus.
- 30th** – Take a break 9:30am

ADVANCE EXERCISE Mondays



We will begin dancing with Richard Simmons following right after regular exercise class is over at 9:45am. Please be sure to wear comfortable shoes because you will be doing a little dancing. We will wiggle into shape with the oldies. It's fun. **(Except first Monday) Fridays in room B**



WALKING

Come and enjoy a safe and comfortable atmosphere to walk in. So, get out those old sneakers and dust them off and get your feet moving with us in Room A.

EXERCISE



Every Monday, at 9:00 we exercise in room A! Come join us and get in shape. Open for all ages.

KEEPING FIT



A Center staff is available to take your blood pressure. All you need to do is stop by the office. We check and you track.

MONDAY'S CLUBS & ORGANIZATIONS

SENIOR ORGANIZATION

This organization is open to 50 & older for the purpose of uplifting each other in fun, fellowship, and support in room A. We also do food drives and toy drives as we assist other organizations that may need our help and support within the community. First Monday every month @ 10a.m.

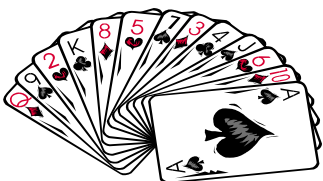


Community Center Quilters

Room A @ 9:30a.m.



This group quilts on behalf of the Center for anyone needing a quilt stitched. All proceeds they collect are donated back to various organizations on behalf of this group to help our community. These quilters are special and their volunteer time and work is very well appreciated. Experienced quilters are welcomed.



BRIDGE CLUB

Every Monday @ 12:30p.m.



Bridge is open for anyone that is a serious player. If you are interested in joining this group in room A, please contact the President Susan Hall or the Center.

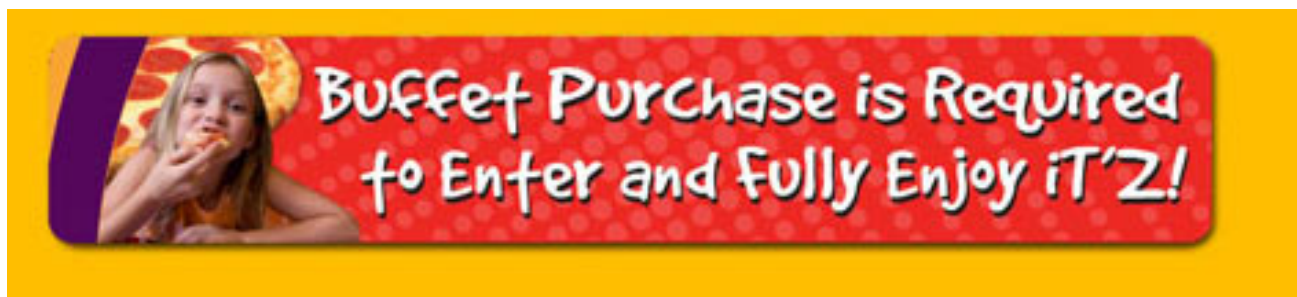
FOR KIDS ONLY ORIGAMI

JUNE 24 TH 9:30-11AM
ROOM B



ITZ FOR KIDS

JUNE 3RD @ 10:30A.M.



The Center's bus will depart at 10:30a.m. to go have fun at It's. We have room to take 21 kids and 4 volunteers to help with the trip. You must be at least 8 years of age. Moms, Dads, or Seniors can volunteer to go and help chaperone. Don't forget you money and bring a friend. We will return around 2p.m. Please call or come by the office to register.

TUESDAY'S CLUB & ORGANIZATIONS

NAMI METROPOLITAN HOUSTON

2ND TUESDAY @ 6:00 P.M. IN ROOM B

This organization is for charitable and educational purposes relating to the promotion, support, development and furtherance of rehabilitation services and treatment programs for persons who suffer from mental illness in Harris County, Texas. Monthly meetings are open to the public and are held the second Tuesday of each month. For more information call. This month we will have John Pickett, Community Education-Intracare Hospital speaking on their programs and future plans.

TOMBALL ARCHEOLOGICAL RECOVERY



1ST TUESDAY @ 7:00 P.M. IN ROOM B



TARC group is to promote the hobby of metal detecting, discovering and preserving the history of the local area while having fun, fellowship, and trading treasure hunting stories. It is open to everyone. If you would like more information, please contact the Center at 281-255-6221.

WILD BUNCH RIDING & ROPING CLUB



3RD TUESDAY @ 7:00 P.M. IN ROOM B

This organization is open to all persons that are interested in promoting fellowship and social activities for the community. We sponsor family activities with a western related theme. This consists of campouts, rodeos, trail rides, parades, etc. Please contact the Center for more information.

TUESDAY'S CLUB & ORGANIZATIONS



LA LECHE LEAGUE

2nd TUESDAY 10:30A.M.-12:30P.M.

The mission of this non-profit group that is open to the public is to support and educate women who wish to breast feed their children.

DELPHIANS

1st & 3rd TUESDAY @ 10:00 A.M. IN ROOM B

This chapter is a women's organization that meets in small educational discussion groups twice a month. The primary philanthropic objective of the members of the Assembly and the Foundation is to assist undergraduate students in reaching their goal of acquiring a college education.

LINEDANCING

ROOM A

Come every Tuesday at 1 p.m. to learn how to line dance with volunteer, Terry Mandzuk. It's fun and you get a full work out. We would love to have you just visit and watch. Open to all ages.



WEDNESDAY'S EVENTS

- 11th** - Hometown Kitchen Band will be performing at Lawrence Health Care at 2p.m. Performers, please be there at 1:45pm
- 18th** - Hometown Kitchen Band will be performing at Heritage at 2p.m. Performers, please be there at 1:45pm
- 25th** - Pct 4 50+ trip will be going to the Federal Reserve Bank for a tour and will depart at 9a.m. Lunch is on your own at the Spanish Flowers Restaurant. We will return by 3.
- 25th** - Hometown Kitchen Band will perform at Harvest Homes at 2 p.m. Performers, please be there at 1:45p.m.

ADVANCE EXERCISE



We will be dancing with a tape of Richard Simmons at 9:45am. Please be sure to wear comfortable shoes because you will be doing a little dancing. We will wiggle into shape with the oldies. It's fun.



WALKING

Come and enjoy a safe and comfortable atmosphere to walk in. So, get out those old sneakers and dust them off and get your feet moving with us in Room A.



EXERCISE



Come and enjoy the comforts of a clean and comfortable place to get in shape. You'll meet friendly people and lots of smiles.☺☺



BEGINNER BRIDGE

Every Wednesday 1-3pm.

If you are interested in learning beginner bridge, the class starts at 1p.m. and is over by 3p.m. in Room B. This class is not for those that already know how to play, but for those that wish to learn how. The volunteer will be Darlene Nassau.

WEDNESDAY'S CLUBS & ORGANIZATION

ROTARY

EVERY WEDNESDAY @ 11 A.M. IN ROOM A

This is an organization that operates exclusively for the promotion of social welfare and net earnings are devoted exclusively to charitable, educational, or recreational purposes.

TOMBALL COIN CLUB



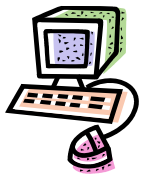
2nd WEDNESDAY @ 6:30 P.M. IN ROOM B



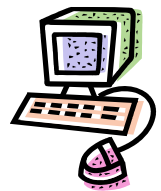
We are just starting our club, but the one thing we all like to do is talk about coins. If you collect coins and would like to share, then come and join us. If you have any questions, please call at 281-255-6221.

THURSDAY'S EVENTS

- 5th - The City bus will depart at 12:15p.m. to go over to the College for computer classes. Please register in the office.
- 5th - The 50+luncheon will consist of bake fish, hush puppies, cole slaw, fried okra and dessert for \$4.00. Please come by the office before the June 2nd.
- 12th - The Center's bus will depart at 10:30 am to go to It's. This outing is for 8 years of age and up for kids only. We will need at least 4 volunteers rather Mothers or Seniors to accomplish us. Please sign up in the office.
- 19th- The City bus will leave at 10:45 for lunch at Luby's Cafeteria. Sign up.
- 19th - The City bus will depart at 12:15p.m. to go over to the College for computer classes. Please register in the office.
- 26th - The bus for the casino will depart at 7 a.m. Details inside.



COMPUTER CLASSES



1st & 3rd

If you are interested in learning more about computers, please sign up in the office. We have a reserved class just for the Community Center at the college and it's FREE. The bus will leave at 12:15. Our bus capacity is 25.

KEEPING FIT



A Center staff is available to take your blood pressure any day from 8 – 3p.m. All you need to do is stop by. We check and you track.

EUCHRE

Every Thursday 9:00-11:00a.m.



Any one wanting to learn or play, just come in and have fun. We are always needed new people and welcome you to join.

THURSDAY'S CLUB'S & ORGANIZATIONS

FOCUSING FAMILIES

EVERY THURSDAY @ 11:30AM-1:30PM

This is a non-profit organization committed to strengthening individuals, families and communities through education, prevention and intervention to eliminate family violence, sexual assault, and other crisis issues. This will help provide safe conversation that will allow you to gain knowledge and support from other members that can help you.

SESQUICENTENNIAL PROMENADERS

EVERY THURSDAY @ 7:00 – 10 P.M.



If you are interested in meeting people and having fun come by and visit with us anytime in room A. If you would like more information about square dancing, please contact the Center.



GIRL SCOUT TROOPS



The Center has several different troops that meet here each month in the evening. If you are interested in getting involved in one of these groups, please contact the Center for more information.

FRIDAY'S EVENTS

20th – For anyone that participates in any of the Center's activities, we invite you to come and enjoy a corn dog social with us for \$3.00. Please sign up in the office or call to register.

27th – Potluck, bring a dish to share.

ADVANCE EXERCISE



Come and exercise with a tape of Richard Simmons at 9:45am in room B. Please be sure to wear comfortable shoes because you will be doing a little dancing. We will wiggle into shape with the oldies. It's fun.

POTLUCK

11:45 A.M. IN ROOM A June 27th

Bring your favorite covered dish with enough to share, and invite a friend, neighbor, or relative. This monthly gathering is a great opportunity to meet friendly, interesting folks from all walks of life, and engage in wonderful conversations.



Community Center Quilters

This group quilts on behalf of the Center for anyone needing a quilt stitched. All proceeds they collect are donated back to various organizations on behalf of this group to help our community. These quilters are special and their volunteer time and work is very well appreciated. Experienced quilters are welcomed.

FRIDAYS CLUBS & ORGANIZATIONS



PORCELAIN ART GUILD

1ST FRIDAYS AS SCHEDULED



We love to paint on porcelain. This class will teach you how to be very creative and show you special techniques with paints by your instructor. If you are interested and would like more information, please call.

50+ SINGLES GROUP

SARA



JEROME

If you are interested in getting to know people that are outgoing and would like to socialize after hours or just go out for fun, then this group may be for you. The meetings will be held the 1st Friday of every month in . Come to the meeting for details.

SOMETHING FOR EVERYONE

Come and enjoy your favorite activity or go with us on a trip. The Center offers a variety of events, classes, trips, socials, rental space and seminars that may be of interest to you or our community of all ages. You may pick up one of our calendars in the foyer at the Cherry street entrance or go on line at www.ci.tomball.tx.us under Community Center and then calendar to print you a copy. We hope to see you.

SATURDAYS NON- PROFIT ORGANIZATIONS

ONLY UNTIL NOON



**NORTHWEST AMATEUR
RADIO SOCIETY**



This club provides emergency communications to many organizations during disasters. These include the American Red Cross, the National Weather Service and the Harris County Office of Emergency Management. NARS provides an exam program for amateur radio operators to become licensed. For more information, please contact the Center.

DAUGHTERS OF CONFEDERACY

This organization is to honor the memory of our confederate soldiers and uphold the tradition for which they fought. Membership are women that are 16 years of age and are blood or lineal descendant. This group is historical, educational, benevolent, memorial and patriotic.



It's that time of year to support our "ASTROS" for their 2008 season. The Center will be going to the ballgame on July 23rd and August 28th. If we have more than 20 people then the tickets will be \$2.00 off, otherwise the price for bullpen seats this year is \$26.00. Please sign up A.S.A.P. because this will determine if we have enough to order tickets.

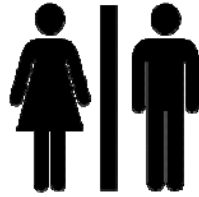
WINNER

The winning person that had the meaning for the newly created group by Terrie Marchand for the "Juliet's" was Sharon Cook. Congratulations Sharon! The meaning is "Just Us Ladies Into Eating, Talking, and Shopping."

MYSTERY TRIPS

This month the Romeo's and Juliet's groups will have mystery trips. The Romeo's will meet on June 4th at 9:45 and the details will be announced for the June 12th trip. The Juliet's will meet on June 18th with the details of the trip to be announced at the meeting. The meeting will begin at 9:30. Join us as the excitement and adventures of these groups unfold.

HEALTH TIP FOR THE MONTH



Glaucoma is an eye disease caused by high pressure in the eye. It can cause you to gradually lose sight without warning and often without symptoms. The best way for people at high risk for glaucoma to protect themselves is to have regular eye exams.

How often is it covered?

Once every 12 months

For whom?

People with Medicare at high risk for glaucoma

Your costs in the Original Medicare Plan?

You pay 20% of the Medicare-approved amount after the yearly Part B deductible.

Are you at high risk for glaucoma?

Your risk for glaucoma increases if you...

- have diabetes
- have a family history of glaucoma
- are African American and age 50 or older

Center's Recipe for the Month

PECAN PIE

3 whole eggs (large)

1/2 cup sugar or sweetner

1/4 cup Karo

1 tsp vanilla

2 tbsp butter

1 cup pecans

Mix all together except the pecans. Add pecans last. Pour into a 9" deep uncooked pie shell and cook @ 350 degrees for 50 minutes.

Note: If you have a favorite recipe you would like to share, please drop it in the box located in the office.

CASINO TRIP JUNE 26TH



The Center will have a First Class Tour Charter bus at the front on Market Street at 7:00 a.m. to head to Coshatta Casino for those that signed up. Due to space you can park across from Granny's Corner. The cost of the trip is \$5.00, however if we have 40 confirmed reservations going before June 16th then we will not need to collect \$5.00, otherwise we will need to cancel the trip. We **MUST** have 40 passengers going that morning of the trip or the bus will not depart and we will lose our deposit. We will leave the casino at 4 p.m. and arrive back at the Community Center around 8:00 p.m. You can bring food, drinks, or blankets for the trip. You must be at least 21 years of age. Once the bus is filled we will take standbys in the event someone changes their mind or cancels. Thanks! Good Luck and hope you WIN!

Tomball Community Center Staff

Wanda Sutton – Director

Terrie Marchand

Cathy Rogers

Diana Lujan